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INVISIBLE WASTE OF FOOD

Broadcast by Rowena Carpenter, Nutrition and Food Conservation Branch, War Food Administration, and Wallace Kadderly, Chief of Radio Service, in the Department of Agriculture portion of National Farm and Home Hour, Tuesday, August 10, 1943, over stations associated with the Blue Network.

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KADDERLY: And this time we look into ways of conserving food and food values. Mrs. Rowena Carpenter is here...she's in the Nutrition and Food Conservation Branch of War Food Administration...and -- well, Rowena, I'm going to put the question up to you right straight out: What's your recommendation for stretching our wartime food supply?

CARPENTER: Stop waste of all kinds, Wallace. "Save the waste" really. And when I say WASTE, I'm thinking of all the invisible waste too.

KADDERLY: INVISIBLE waste. That's a new one on me. You nutrition folks have your own way of talking: "Hidden Hunger" and now "Invisible Waste". You wouldn't be given to reading mystery stories, would you?

CARPENTER: Sometimes, when I want to really relax. But there's nothing mysterious about this idea of invisible waste -- it's just tragic, that's all. You see we're wasting strategic food values every day, vitamins and minerals especially -- wasting them by the way we cook food, and by the way we store it. Food values just slipping away from us --

KADDERLY: And kinds we can't afford to waste. Such as Vitamin A.

CARPENTER: And Vitamin C. Vitamins we get in our green and yellow vegetables, in fruits, and in tomatoes. We've been eating more of the foods rich in Vitamin A and in Vitamin C the last few years; and a very good thing that's been, too. But the demands are so great that even with all the home grown products from Victory Gardens, we may have less Vitamin A and Vitamin C in our meals this winter than we had last year.

KADDERLY: That's why you said it was tragic to waste these food values. Perhaps you feel the same about thiamine, and riboflavin, and calcium.

CARPENTER: Yes, I do, even though we as a nation probably have more of those food values than we had before the war. Meat and milk give us riboflavin, and milk is rich in calcium too. As for thiamine, the program to enrich flour and bread, along with the use of whole grain cereals, has brought up the thiamine in our diet.

KADDERLY: But we still must conserve all these food values -- be sure they aren't lost by invisible waste. Now, let's get down to cases about saving the invisible waste, Rowena.

CARPENTER: We might do well to adopt a slogan: NEVER BETTER THAN RAW. We get all the food values when we eat our food raw. But we must cook some things, and then we need to COOK THE VITAMIN WAY. That means cooking just long enough

to get food "done". Cook fruits and vegetables in their skin whenever possible. If you must pare them, pare THIN. Cook whole, or in large pieces. And of course use just as little water as you can get by with --

KADDERLY: And make use of the cooking water because minerals and vitamins are dissolved in it.

CARPENTER: STARVE THE KITCHEN SINK, I call that! Hope you don't mind slogans, Wallace.

KADDERLY: Not yours, I don't. Rowena, a minute ago you said something I wanted to come back to...something about wise storage of food...to prevent spoilage.

CARPENTER: And to save more of that invisible waste. If you keep food cold, that will cut down on the loss of some of the vitamins. And if you don't let sliced or cut fruits and vegetables sit around in the air, you're also saving vitamins.

KADDERLY: Then we shouldn't fix raw vegetables and fruits for a salad much ahead of time, or we'll lose some vitamins.

CARPENTER: Or mash food through a sieve or a strainer while it's hot. Some of the vitamins will "take off" into the air..

KADDERLY: Say, there are a lot of ways, aren't there to save the invisible waste, and also stop the waste that the eye can see.

CARPENTER: Oh, many ways. But mainly we merely need to short-change the garbage pail, starve the kitchen sink, and cheat the air!

KADDERLY: In order to feed ourselves better...well, Rowena, it has been good to have you back with us. Farm and Home friends, our sloganizing visitor has been Mrs. Rowena Carpenter of the Nutrition and Food Conservation Branch of War Food Administration.

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